

Navigating day-to-day pressures, overwhelming information, and stigma related to advanced prostate cancer (aPC) can leave you feeling isolated and unsure of where to start.

However, this shouldn't stand between you and the care you deserve. Let's talk about it.

THE PERCEIVED STIGMA

around aPC can make things worse

- Symptoms that may seem embarrassing, such as loss of bladder control or trouble getting or keeping an erection, can prevent men from seeking support
- Men may fear that sharing their experiences with aPC will negatively impact their relationships or change others' perceptions of their masculinity
- If healthcare providers are unaware of their patients' experiences or concerns, they may not be able to offer men the support they need



BREAKING THE SILENCE

These tips can help you manage the difficult emotions and changes that come with an advanced prostate cancer diagnosis.

UNDERSTAND THE CONVERSATION

Understanding your treatment options may feel difficult, but there are ways to make it easier.



TIP: Ask a trusted friend or family member to come with you to your doctor appointment. They can help remember important information and ask more questions.

PLAN THE CONVERSATION

Be honest with yourself about what's bothering you and have an open conversation with your doctor about your concerns.



TIP: Consider these common prostate cancer topics to help guide your next appointment:

- Sexual function
- Bladder control
- Feelings of isolation
- Sense of masculinity

CHANGE THE CONVERSATION

Finding a support community can help you work through the difficulties of your diagnosis.



Sharing your experiences may help you feel more connected to other members of the aPC community and ease feelings of isolation.

CHANGE THE CONVERSATIONin all

